



Myanmar

Market Monitor

June 2026



World Food
Programme

SAVING
LIVES
CHANGING
LIVES

KEY Highlight June 2026

51,187 MMK

National Food Basket Cost
June 2026

+2%

National Food Basket Price
Month-on-Month Increase
May to June 2026

+20%

National Food Basket Price
first week of July compared to
last week of Feb

45%

Diesel Increase
first week of July compared to
last week of Feb

Rising Food Basket Cost

By the first week of July (3 July), the national average food basket cost was 20 percent higher than in the last week of February. In June, it increased by 2 percent month-on-month to MMK 51,187, reflecting rising prices of key food commodities. Elevated transportation costs, driven by continued fuel shortages, remained a key factor contributing to higher household food costs.

Impact of Fuel Price Surge

Despite a gradual decline in diesel prices during the reporting period, prices remained substantially above pre-crisis levels. Nationwide, diesel prices were still 45 percent higher on average, with Yangon recording the largest increase at around 1.5 percent above the pre-crisis benchmark. In conflict-affected areas, fuel costs remained particularly elevated, with diesel selling at approximately MMK 11,000 per liter in Sittwe and MMK 12,500 per liter in Myitkyina—nearly five times the benchmark price previously observed in Yangon.

Significant Price Increases

Tomato prices increased sharply in Central Rakhine and recorded modest increases in several other areas, reflecting seasonal declines in market supply. At the same time, key basket commodities, including rice, chickpeas, and salt, also rose in some areas. Prices of other commonly consumed items, such as Tomato and onions, increased as well. According to traders, these price increases were driven by supply chain disruptions, high transportation costs, seasonal fluctuations in production areas, and continued market instability resulting from ongoing conflict in several parts of the country.

Notable Price Decreases

Egg prices decreased across most markets in Myanmar in June 2026 compared with the previous month, driven primarily by improved supply. Reduced consumer purchasing power also weakened demand, contributing to the price decline. In contrast, prices remained elevated in conflict-affected areas of Northern Shan, where transport disruptions continued to limit the flow of supplies into local markets.

	Rice		Palm Oil		Chickpea		Salt		Onion		Tomato		Egg	
Highest Increase	Southern Rakhine	38%	Tanintharyi	14%	Yangon	48%	Chin	50%	Mandalay	58%	Central Rakhine	206%	Northern Shan	5%
Highest Decrease	Chin	25%	Southern North	7%	Mandalay	7%	Kachin	17%	Tanintharyi	9%	Southern Rakhine	35%	Central Rakhine	18%

Weekly monitoring: Spillover effects from the Middle East crisis

First week of July

Cost of Food Basket

Last week of Feb - First week of July

Food basket prices increased across several regions, with the largest month-on-month increases recorded in Rakhine (43 percent) and Magway (32 percent). Kachin and Southern Shan also recorded increases of more than 10 percent. According to traders, the increases were driven primarily by rising transportation costs and ongoing conflict along key transport corridors, which disrupted supply chains, constrained the movement of goods, and reduced market availability. In Sagaing and Magway, the cost of the food basket exceeded MMK 50,000, reflecting the combined impact of elevated transport costs and persistent insecurity. In Yangon, the food basket cost increased by 6 percent during the reporting period, mainly due to higher prices of pulses and other key food commodities.

Stage/Region	Before (4 th week of Feb)	Current (1 st week of July)	% change
Kachin	43,609	49,248	13%
Kayin	31,137	35,506	14%
Magway	38,721	51,276	32%
Rakhine	34,369	49,108	43%
Sagaing	54,650	52,090	9%
Shan South	40,655	45,224	11%
Yangon	39,740	41,641	6%

Price of diesel across the country and percentage increase

Week	Township	Yangon	Mandalay	Hpa-An	Mawla myaing	Loikaw	Dawei	Myitkyina	Sittwe	Sagaing	Magway	Taunggyi	Lashio
Feb Week 4	Diesel	2,482	2,592	2,567	2,900	2,627	2,612	7,500	6,500	2,632	2,597	2,602	2,637
	Octane95	2,395	2,505	2,480	2,605	2,540	2,530	7,900	15,000	2,545	2,515	2,520	2,555
June Week 3	Diesel	3,910	4,055	4,010	4,430	4,065	4,070	11,500	11,000	4,105	4,060	4,055	4,095
	Octane95	3,830	3,985	3,940	4,120	3,995	4,005	12,300	18,000	4,040	3,990	3,985	4,030
July Week 1	Diesel	3,535	3,680	3,635	4,020	3,695	3,700	11,500	11,000	3,730	3,685	3,680	3,720
	% up from pre-crisis	42%	42%	42%	39%	41%	42%	53%	69%	42%	42%	41%	41%
	Octane95	3,695	3,850	3,805	3,970	3,860	3,870	12,300	18,000	3,905	3,855	3,850	3,895
	% up from pre-crisis	54%	54%	53%	52%	52%	53%	56%	20%	53%	53%	53%	52%

Note: Prices for Sittwe and Myitkyina are based on parallel-market references.

- Diesel prices have risen by an average of 45 percent nationwide, with averages in major urban area such as Yangon, Mandalay and across most other regions rising to beyond 40 percent above pre-crisis levels. By early July, diesel prices had surpassed around MMK 3,500 per liter in most areas, while remaining exceptionally elevated in Sittwe MMK 11,000 and Myitkyina MMK 11,500 per liter.
- Octane 95 prices rose by over 50 percent nationwide; however, Octane 95 has spikes in Sittwe (up to nearly eightfold) and Myitkyina (fivefold compared to pre-crisis Yangon levels).

Cost of Food Basket (monthly average)

The national average cost of a food basket remained largely unchanged during the reporting month compared with the previous month. However, prices were still 8 percent higher than the six-month average. Compared with the same period last year, food basket costs were 4 percent lower.

Food Items:

Prices of several key food commodities continued to increase during the reporting month. Onion prices rose by 11 percent, while tomato prices increased by 24 percent, mainly due to seasonal fluctuations and reduced supplies from production areas. Farmers also expressed concern over high fuel prices and limited fuel availability ahead of the upcoming planting season, which could further increase production costs. In contrast, egg prices declined during the reporting month, driven by improved market supply and greater availability.

Commodity (Unit)	June-26 MMK	1 M change	3 M change	6 M change	1 Y change	3 Y change	Jan 2021 (Covid time)
Food Basket	51,187	▲ 2%	▲ 9%	▲ 8%	▼ -4%	▲ 54%	▲ 314%
Rice (Kg)	2,192	● 0%	▲ 11%	▲ 11%	▼ -4%	▲ 37%	▲ 275%
Poil (L)	9,458	▼ -1%	▲ 1%	▼ -1%	▼ -18%	▲ 93%	▲ 421%
Chickpea (Kg)	6,789	▲ 9%	▲ 7%	▲ 4%	▲ 4%	▲ 75%	▲ 341%
Egg (10 pcs)	6,565	▼ -6%	▲ 1%	▼ -8%	▼ -9%	▲ 124%	▲ 414%
Onion (Kg)	4,240	▲ 11%	▲ 17%	▲ 28%	▼ -11%	▲ 134%	▲ 466%
Tomato (Kg)	5,028	▲ 24%	▲ 40%	▼ -17%	▲ 8%	▲ 143%	▲ 382%
Salt (Kg)	1,890	▲ 3%	▲ 8%	▲ 14%	▲ 31%	▲ 234%	▲ 423%

Table.1 Price trend of the commodities in Myanmar

Importing and Exporting

Border trade continued to serve as a critical supply route during the reporting period. Although the Myanmar–Thailand Friendship Bridge No. 2 (Myawaddy–Mae Sot) has reopened, cross-border trade remained only partially operational due to import and export licensing constraints in Myanmar, restrictions on the types of goods permitted, and limits on the number of cargo trucks allowed to cross. Similarly, while border trade between Rakhine and Bangladesh resumed in May, trade flows remained below normal levels and had not yet returned to pre-disruption conditions.

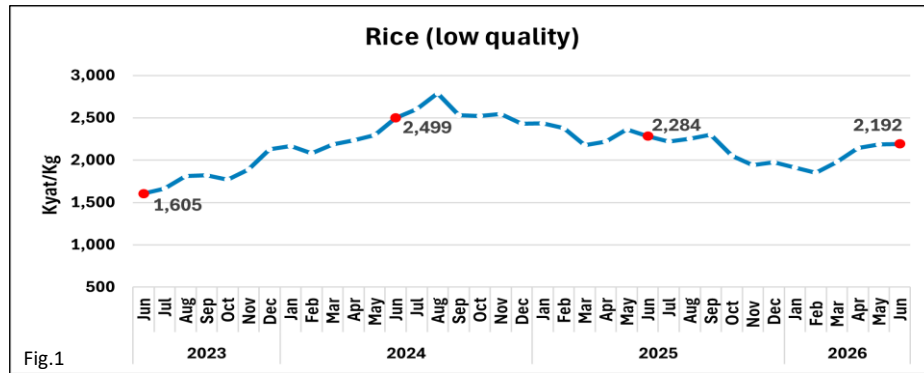
Exchange rate:

The parallel market exchange rate remained volatile during the reporting month, appreciating slightly from MMK 4,260/USD in May to MMK 4,210/USD by mid-June, partly reflecting heightened global uncertainty related to the Middle East crisis. In contrast, the official exchange rate set by the Central Bank of Myanmar (CBM) remained unchanged at MMK 2,100/USD throughout the reporting period. Traders also continued to report cash withdrawal restrictions and liquidity shortages in the domestic banking sector, which constrained business operations and access to working capital.

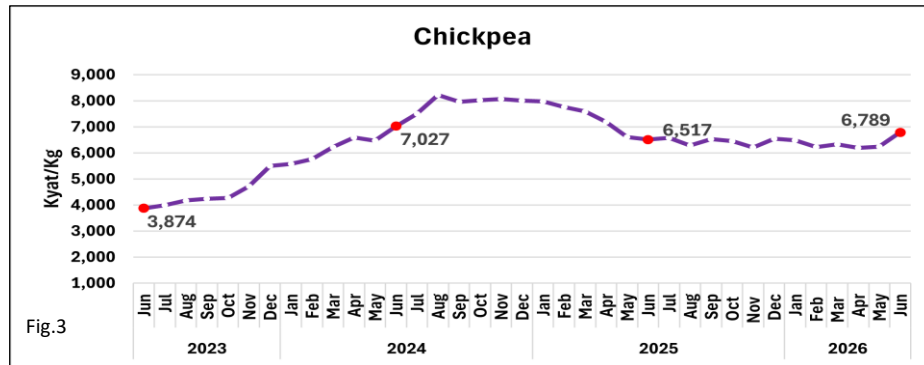
Fuel:

During the reporting month, domestic fuel prices continued to decline, while the Ministry of Energy (MOE) reported that national fuel reserves were sufficient to meet demand for up to 40 days. Despite this improvement, fuel shortages and elevated prices persisted in conflict-affected areas, limiting transportation and humanitarian access. These constraints continued to disrupt supply chains, delay the delivery of humanitarian assistance, reduce market availability, and place upward pressure on commodity prices. Access to essential services, including healthcare, water, and electricity, also remained limited in some areas.

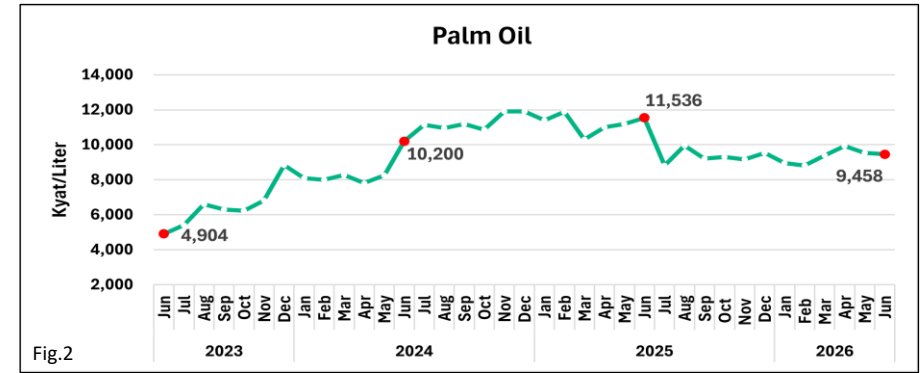
Average Price Trend of Key Food Items



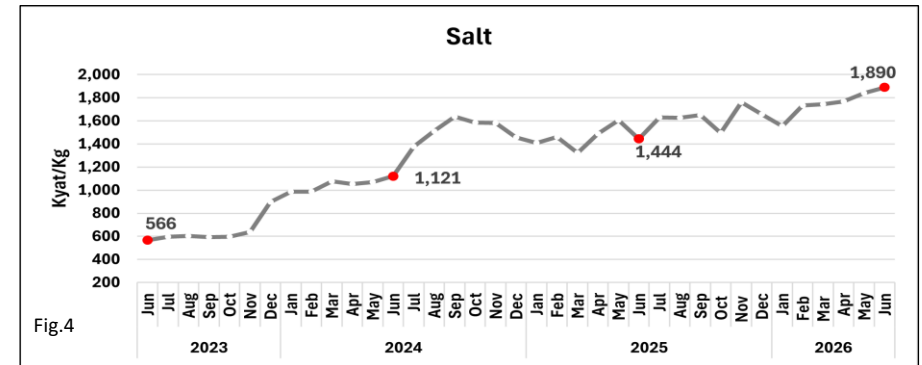
Rice The national average rice price remained unchanged compared with the previous month and was 4 percent lower than the same period last year. At the sub-national level, the largest month-on-month increases were recorded in Southern Rakhine (+38 percent) and Kachin (+12 percent), driven primarily by transportation disruptions during the rainy season and rising logistics costs. In most other regions, rice prices remained stable, supported by regular commodity inflows and adequate market supplies. Fig 1



Chickpea Nationally, the average price increased by 9 percent month on month and remained 4 percent higher than the same period last year. The largest increase was recorded in Yangon (+48 percent), followed by Kachin and Bago (around +20 percent each). These increases were driven by higher logistics costs during the rainy season, reduced market availability, and raised wholesale prices. In most other regions, prices remained broadly stable compared with the previous month. Fig 3

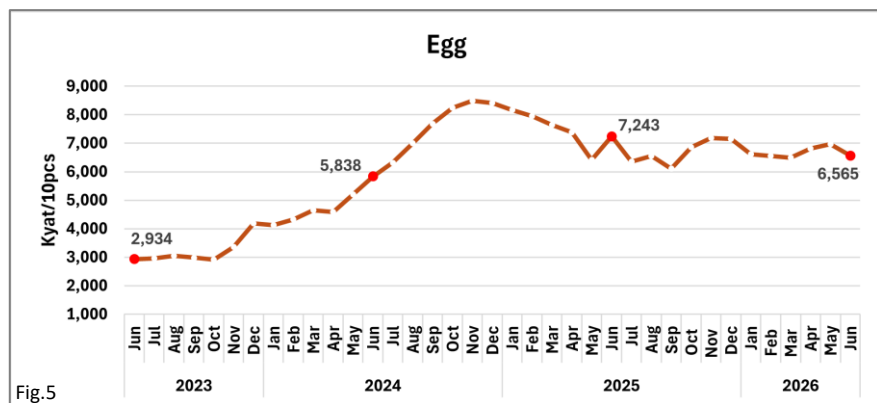


Palm oil The national average palm oil price remained unchanged month-on-month and was 18 percent lower than the same period last year. However, prices increased in Tanintharyi (+14 percent) and Southern Rakhine (+13 percent), mainly due to transportation constraints that disrupted market supply. According to the Edible Oil Supervisory Committee, the reference price declined slightly from MMK 7,423 per viss in May to MMK 7,354 per viss in June. Despite this decline, parallel market prices remained approximately 2.5 times higher than the official reference price. Fig 2



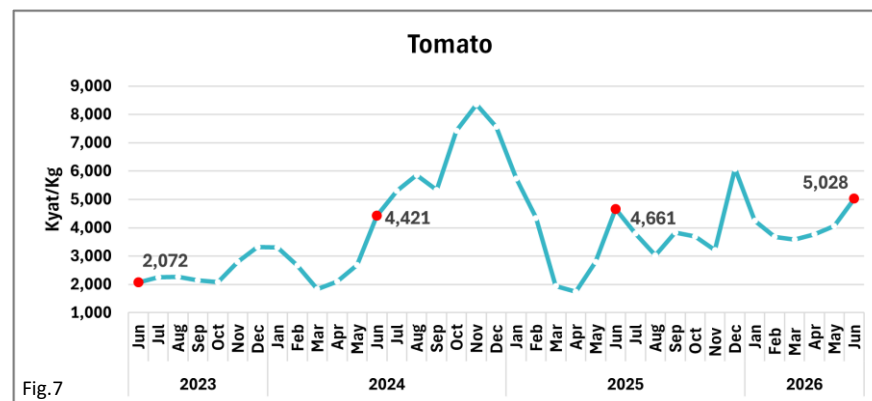
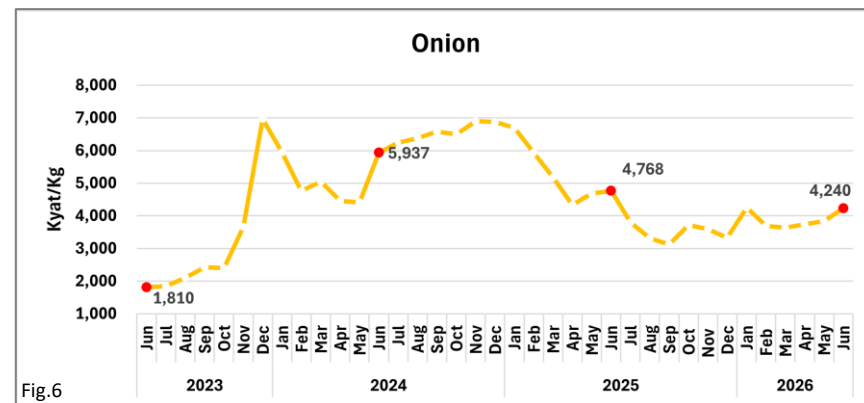
Salt The national average price of salt increased by 3 percent compared with May and was 31 percent higher than the same period last year. The largest month-on-month increases were recorded in Southern Rakhine and Northern Shan (both +33 percent), driven by reduced market availability during the rainy season and high transportation costs, which continued to constrain the movement of goods. Fig.4

Average Price Trend of Other Food Items



Eggs Nationally, egg prices decreased by 6 percent during the reporting month, reflecting continued month-to-month volatility. The largest decreases were recorded in Central Rakhine (-18%), Southern Rakhine (-12%) and Bago East (-10%) supported by improved market supply and greater product availability. Compared with the same period last year, eggs price were 9 percent lower nationwide. Fig.5

Onion The national average price of onions increased by 11 percent compared with the previous month. The largest month-on-month increases were recorded in Mandalay (+58 percent), Magway (+43 percent), and Yangon and Mon (both over +30 percent), driven by seasonal reductions in supply and an imbalance between market demand and available stocks. In contrast, prices declined (-9%) in Tanintharyi, where traders discounted older inventories to clear existing stocks. Traders indicated that onion prices are likely to increase in the coming months as new-season stocks enter the market at higher wholesale prices. Fig.6



Note : Seasonal unavailability of onion and tomato in reporting month in the local market.

Tomato Nationally, tomato prices increased by 24 percent month-on-month and were 8 percent higher than the same period last year. The sharpest increase was recorded in Central Rakhine (+206 percent), where the not arrival of cargo ship deliveries in June. Prices also increased in Chin (+29 percent) and Mon (+18 percent), reflecting seasonal declines in production and reduced market availability. According to traders, the price increases were driven by seasonal shortages of locally produced tomatoes, lower supplies from source markets. In contrast, prices declined by around 20 percent in Southern Shan where availability of locally produced tomatoes available in market. Fig.7

National food basket price trend

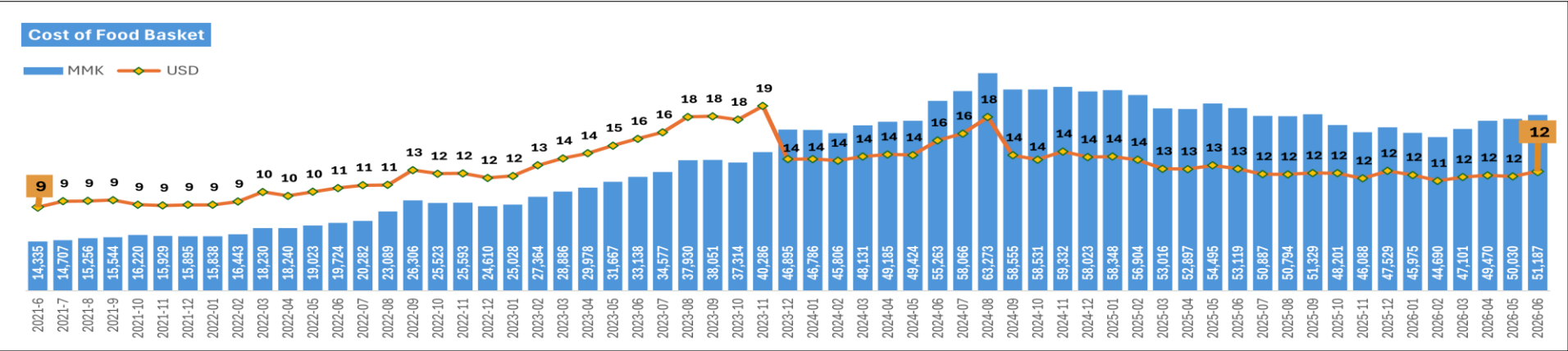


Fig.8: National average food basket price trend in MMK and its value in USD converted with month-average exchange rate (USD/MMK) Source: UNOR

Food Basket—The national average cost of a food basket rose over 2 percent in June, driven mainly by significant higher by pulses prices. The average cost reached MMK 51,187 up 15 percent compared with February, reflecting the impact of rising transportation costs and seasonal availability of basket commodities. At the state and regional levels, food basket costs increased across some parts of the country. The largest increases were recorded in Southern Rakhine (+23 percent) where supply constraints and higher transport costs continued to put upward pressure on prices and Yangon (+13 percent). In contrast, Chin State reported a sharp (-10 percent) decline in food basket costs. Traders attributed the decrease to improved market supply following the arrival of previously ordered goods from India and other parts of Myanmar. Overall, food basket prices were influenced by higher wholesale prices, elevated logistics costs, and broader market pressures linked to the Middle East crisis. Despite recent monthly increases, the national average cost of a food basket remained 4 percent lower than in the same period last year.

Trader stock levels and replenishment expectations

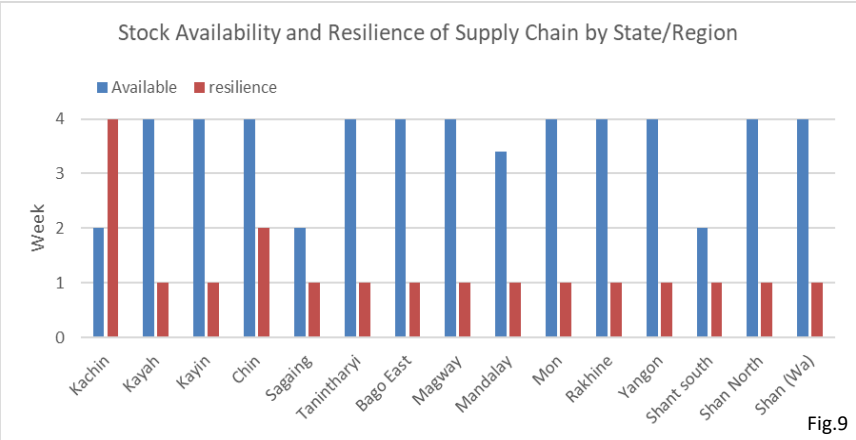


Fig.9

Most states and regions reported food and commodity stocks sufficient for approximately one month of normal demand. However, lower stock levels were observed in Kachin, Southern Shan, and Sagaing due to transportation disruptions caused by frequent rainfall and logistical constraints. Overall, traders indicated that supply chains remain broadly functional across most parts of the country, with commodity inflows, procurement activities, and inter-regional trade continuing under normal conditions. Most markets reported that new stocks can be replenished within one week of placing an order. Despite recent declines in fuel prices, traders continue to face high transportation costs, informal checkpoint fees, and other unofficial charges, all of which contribute to upward pressure on retail prices. In conflict-affected areas, supply chain resilience remains highly dependent on road accessibility and the prevailing security situation. Fig. 9

Exchange Rate

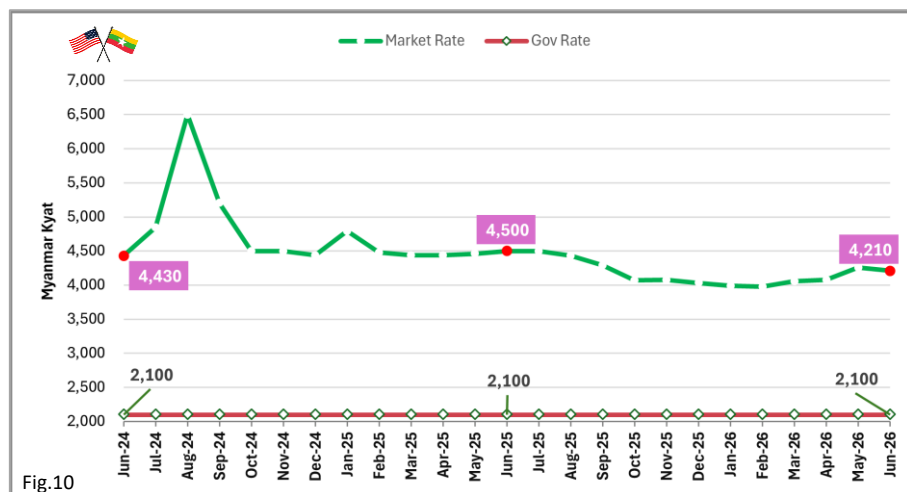


Fig. 10 Exchange rates in Myanmar

Data Source : online rate June-2024 to June-2026 from Myanmar Market Price App

The Myanmar kyat (MMK) continued to experience significant market volatility, accompanied by a widening gap between the official reference rate and parallel market exchange rates. However, the official reference exchange rate set by the Central Bank of Myanmar (CBM) remained unchanged on a month-on-month basis. Compared with the pre-Middle East crisis period, the exchange rate appreciated by 6 percent on a month-on-month basis, while recording a 6 percent depreciation year-on-year. Overall, exchange rate instability continued in June 2026 was primarily driven by external energy market shocks, Myanmar's high dependence on imports, limited foreign currency availability, and persistent macroeconomic and political uncertainties. These pressures continued to contribute to broader inflationary risks and rising domestic price pressures. Fig. 10

Methodology

Monthly price monitoring are conducted using a mixed methodology of mobile and face-to-face interviews. The June 2026 market monitoring took place during the second weeks of June and 3rd week of June across the region. Its primary goals were to monitor **food prices** and assess the impact of **conflict and supply chain disruptions**. Sampling (260+ traders / 68 townships / 13 regions): list the 13 regions/states covering rural and urban areas. The data collected covered **assortment, food item availability, retail prices of basic food items, supply chain resilience, and banking services**. Quarterly reduced market functionality Index (MFI) assessments also informs the interpretation of the market situation. *## Please note that the reported price information was provided by the traders and may not reflect the actual market price or transaction value. We apply within-round outlier checks and grade/variety standardization where possible.*

Fuel Price (Diesel)

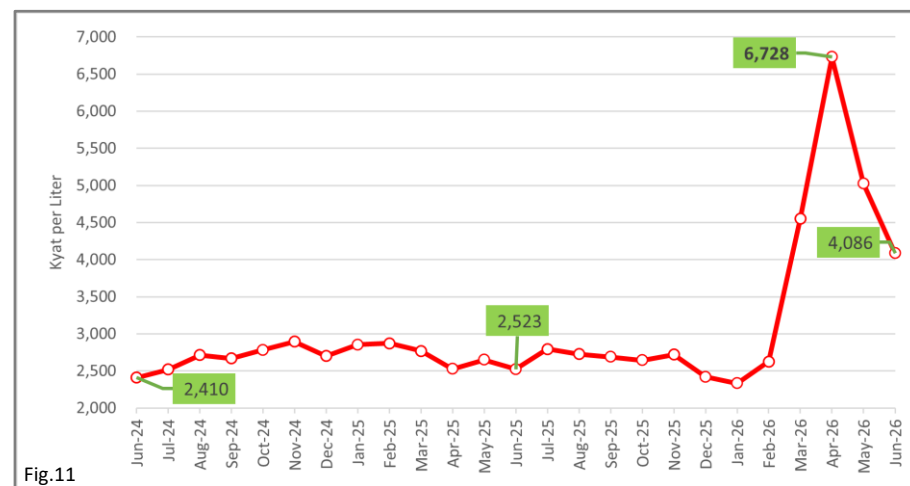


Fig.11

Fig. 11 Key trends of Fuel rates in Myanmar

Source: (<https://www.pprd.gov.mm/>)

As of the third week of June, diesel prices remained more than 54 percent higher nationwide compared with pre-crisis levels, despite consecutive week-on-week decreases. The most significant price increase was recorded in Yangon (+58 percent), while diesel prices in Sittwe and Myitkyina remain exceeded MMK 10,000 per liter—more than four times the pre-crisis price levels previously observed in Yangon. The sharp increase was driven by a combination of external and domestic factors, including the escalation of the Middle East crisis, which contributed to upward pressure on international diesel prices. Globally, diesel prices decreased by approximately 5 percent month-on-month, declined from around USD 1.54 to USD 1.46 per liter. These global price pressures, combined with Myanmar's heavy reliance on imported fuel, foreign exchange constraints, and domestic supply chain disruptions, continued to drive elevated retail fuel prices nationwide.

[GlobalPetrolPrices.com](https://www.globalpetrolprices.com)

ANNEX I. The retail market price of food commodities across different divisions in June 2026

Annex 1. Retail market price of food commodities across different Area	Area_WFP	Commodity	Current Month (June)	Price Change				Commodity	Current Month (June)	Price Change						
				1 M (%)	6 M (%)	1 Y (%)	1 M (%)			6 M (%)	1 Y (%)					
	National Overall		2,192	🟡	0%	🔴	11%	🟢	-4%	National Overall	1,865	🔴	3%	🔴	14%	🔴
Bago	Rice	2,216	🟢	-5%					Salt	1,530	🔴	7%				
Kachin		2,603	🔴	12%	🔴	42%	🔴	11%		3,679	🟢	-17%	🔴	13%	🔴	34%
Northwest		2,392	🟢	-6%	🟢	-6%	🟢	-10%		1,932	🔴	6%	🟡	0%	🟢	-4%
Rakhine Central		1,548	🔴	-7%	🔴	11%	🟢	-12%		1,249	🟢	-6%	🟢	-12%	🟢	-7%
Rakhine North		1,517	🔴	2%	🟢	-12%	🟢	-8%		1,963	🔴	4%		-4%	🔴	114%
Rakhine South		1,566	🔴	38%	🔴	88%	🟢	-22%		1,020	🔴	33%	🔴	48%	🔴	11%
Shan (North)		3,090	🟢	-4%	🟢	-5%	🟢	-5%		2,037	🔴	33%	🔴	22%	🔴	22%
Shan (South)		2,468	🟢	-9%	🔴	10%	🟢	-14%		2,122	🟡	0%	🔴	71%	🔴	79%
Southeast		2,340	🟢	-2%	🔴	13%	🔴	17%		2,036	🔴	5%	🔴	31%	🔴	97%
Yangon		2,185	🔴	5%	🔴	17%	🔴	8%		1,326	🔴	18%		23%	🔴	14%
National Overall		9,458	🟢	-1%	🟢	-1%	🟢	-18%	National Overall	6,565	🟢	-6%	🟢	-8%	🟢	-9%
Bago	Palm Oil	8,650	🟡	0%					Egg	5,350	🟢	-10%				
Kachin		6,732					🟢	-56%		5,083	🟢	-2%	🔴	19%	🟢	-23%
Northwest		9,326	🟡	0%	🟢	-2%	🟢	-4%		5,800	🟢	-2%	🟢	-12%	🟢	-9%
Rakhine Central		9,654	🔴	4%	🔴	9%	🟢	-19%		8,583	🟢	-18%	🟢	-3%	🟢	-24%
Rakhine North										10,000	🟢	-2%	🟢	-20%	🟢	-17%
Rakhine South		18,000	🔴	13%	🔴	16%	🟢	-18%		10,000	🟢	-12%	🟢	-25%	🟢	-9%
Shan (North)		8,101	🟢	-7%	🟢	-6%	🟢	-4%		4,825	🔴	5%	🔴	13%	🔴	2%
Shan (South)		7,648	🟢	-6%	🔴	25%	🔴	9%		5,111	🔴	1%	🔴	21%	🔴	27%
Southeast		8,896	🔴	2%	🔴	1%	🔴	3%		6,120	🟢	-3%	🔴	2%	🔴	22%
Yangon		8,113	🔴	8%	🔴	39%	🔴	11%		4,778	🔴	1%	🔴	10%	🔴	13%
National Overall		10,130	🟢	-7%	🟢	-2%	🟢	-5%	National Overall	4,240	🔴	11%	🔴	28%	🟢	-11%
Bago	Mixed Oil	10,322	🟢	-9%					Onion	2,468	🟢	-3%				
Kachin		10,419	🟢	-14%	🔴	6%	🟢	-21%		3,774	🔴	17%	🔴	76%	🔴	4%
Northwest		12,283	🔴	2%	🔴	6%	🔴	8%		3,150	🔴	22%	🔴	8%	🟢	-6%
Rakhine Central		9,142	🔴	3%	🟢	-42%	🟢	-18%		6,355	🔴	15%	🔴	41%	🟢	-25%
Rakhine North		12,000	🔴	10%	🔴	9%	🟢	-8%		7,395	🔴	8%	🔴	27%		
Rakhine South										9,180	🔴	8%	🔴	30%	🟢	-40%
Shan (North)		8,264	🟢	-4%	🟢	-1%	🟢	-5%		2,216	🔴	4%	🟢	-9%	🟢	-32%
Shan (South)		9,520	🟢	-10%	🔴	4%	🟢	-2%		2,433	🔴	3%	🔴	33%	🔴	88%
Southeast		10,080	🔴	1%	🔴	14%	🔴	31%		3,012	🔴	6%	🔴	44%	🔴	77%
Yangon		9,144	🟢	-3%	🔴	12%	🔴	5%		2,414	🔴	32%	🔴	124%	🔴	114%
National Overall		6,789	🔴	9%	🔴	4%	🔴	4%	National Overall	5,028	🔴	24%	🟢	-17%	🔴	8%
Bago	Chickpea	6,956	🔴	21%					Tomato	3,499	🟢	-19%				
Kachin		6,636	🔴	20%	🔴	23%	🟢	-20%		3,808	🟢	-2%	🟢	-56%	🟢	-22%
Northwest		5,772	🟢	-3%	🟢	-9%	🟢	-15%		3,537	🟡	0%	🟢	-31%	🟡	0%
Rakhine Central		6,283	🟢	-2%	🟢	-15%	🟢	-7%		19,584	🔴	206%	🔴	20%	🔴	81%
Rakhine North		6,120	🔴	3%	🟢	-23%	🟢	-44%		4,386	🔴	5%	🟢	-28%		
Rakhine South		12,240	🔴	19%	🔴	13%	🔴	122%		4,896	🟢	-35%			🟢	-47%
Shan (North)		6,230	🟢	-7%	🟢	-9%	🟢	-9%		1,928	🟢	-2%	🟢	-9%	🟢	-25%
Shan (South)		4,984	🟢	-2%	🔴	18%	🔴	14%		1,454	🟢	-22%	🟢	-59%	🟢	-27%
Southeast		6,349	🟢	-2%	🔴	8%	🔴	33%		4,057	🔴	1%	🔴	21%	🔴	69%
Yangon		6,324	🔴	48%	🔴	54%	🔴	51%		3,128	🔴	6%	🟢	-11%	🔴	66%

*ANNEX II. The average cost of food basket across different divisions
in June 2026*

Area_WFP	Commodity	Current Month (June)	Price Change					
			1 M (%)		6 M (%)		1 Y (%)	
National Overall		51,187	▲	2%	▲	8%	▼	-4%
Bago	food basket	50,513	▲	1%				
Kachin		56,884	▲	8%	▲	30%	▼	-4%
Northwest		50,769	▼	-6%	▼	-8%	▼	-12%
Rakhine Central		41,140	▼	-3%	▲	2%	▼	-12%
Rakhine North		42,585	▲	4%	▼	-14%	▼	-22%
Rakhine South		59,531	▲	23%	▲	33%	▲	5%
Shan (North)		60,548	▼	-5%	▼	-6%	▼	-5%
Shan (South)		49,981	▼	-6%	▲	12%	▼	-9%
Southeast		51,535	▼	-1%	▲	11%	▲	21%
Yangon		48,383	▲	13%	▲	27%	▲	16%

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